

**ABSTRACT OF THE DISCLOSURE**

Peptide sequences capable of binding to insulin and/or insulin-like growth  
5 factor receptors with either agonist or antagonist activity and identified from various  
peptide libraries are disclosed. This invention also identifies at least two different  
binding sites which are present on insulin and insulin-like growth factor receptors  
which selectively bind the peptides of this invention. As agonists, certain of the  
peptides of this invention may be useful for development as therapeutics to  
10 supplement or replace endogenous peptide hormones. The antagonists may also be  
developed as therapeutics.